

Basic Report 11950, Mushrooms, enoki, raw [a](#)
Report Date: July 23, 2019 23:09 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 large 5g	1 medium 3g	1 cup whole 64g	1 cup sliced 65g
Proximates						
Water	g	88.34	4.42	2.65	56.54	57.42
Energy	kcal	37	2	1	24	24
Protein	g	2.66	0.13	0.08	1.70	1.73
Total lipid (fat)	g	0.29	0.01	0.01	0.19	0.19
Carbohydrate, by difference	g	7.81	0.39	0.23	5.00	5.08
Fiber, total dietary	g	2.7	0.1	0.1	1.7	1.8
Sugars, total	g	0.22	0.01	0.01	0.14	0.14
Minerals						
Calcium, Ca	mg	0	0	0	0	0
Iron, Fe	mg	1.15	0.06	0.03	0.74	0.75
Magnesium, Mg	mg	16	1	0	10	10
Phosphorus, P	mg	105	5	3	67	68
Potassium, K	mg	359	18	11	230	233
Sodium, Na	mg	3	0	0	2	2
Zinc, Zn	mg	0.65	0.03	0.02	0.42	0.42
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.225	0.011	0.007	0.144	0.146
Riboflavin	mg	0.200	0.010	0.006	0.128	0.130
Niacin	mg	7.032	0.352	0.211	4.500	4.571
Vitamin B-6	mg	0.100	0.005	0.003	0.064	0.065
Folate, DFE b	µg	48	2	1	31	31
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin E (alpha-tocopherol)	mg	0.01	0.00	0.00	0.01	0.01
Vitamin D (D2 + D3)	µg	0.1	0.0	0.0	0.1	0.1

Nutrient	Unit	1 Value Per100 g	1 large 5g	1 medium 3g	1 cup whole 64g	1 cup sliced 65g
Vitamin D	IU	5	0	0	3	3
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0	0.0
Lipids						
Fatty acids, total saturated	g	0.027	0.001	0.001	0.017	0.018
Fatty acids, total monounsaturated	g	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.124	0.006	0.004	0.079	0.081
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0

Footnotes

- ^a Ergosterol = 36 mg/100 g.
- ^b Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid plus total folate determined microbiologically
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